



It's not just about  
LOOKING GOOD, but  
BEING HEALTHY.

Wake Up Guys! Each day  
is an opportunity to live a  
healthy life. Do it!

You know, I really  
do feel better! Thanks  
for your support.

Your blood pressure  
is down and you've lost  
weight! I'm proud  
of you!

**POW!**

**NATIONAL MEN'S HEALTH WEEK**



Centers for Disease Control and Prevention  
Office of the Director

Celebrate June 14–20, 2010